

THE
FAT
AND
SODIUM
CONTROL
COOKBOOK

FOURTH EDITION, COMPLETELY REVISED

A Handy and Authoritative Guide for Those on
Sodium-Restricted or Fat-Controlled Diets—
Including Suggestions for Controlling
Carbohydrate, Cholesterol and Saturated Fats

ALMA PAYNE AND DOROTHY CALLAHAN

With an introduction by

FRANCIS L. CHAMBERLAIN, M.D., M.Sc.D.

The Fat And Sodium Control Cookbook

National Heart and Lung Institute

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